

RIVETS

By George Sixto



RED RYDER

By Fred Harman



VIRGIL

By Lew Kle



SUPERMAN



Be Kind to Your Body for Added Years, Health Officer Advises

By ROY O. GILBERT, M.D. County Health Officer

The life span of the average person is steadily increasing, but this will not be much of a blessing unless the added years can be lived in vigorous or reasonably good health. It is therefore reassuring to have good food experts tell us that this is quite possible if the individual takes care of his body by eating the proper foods in the right quantities. It sounds simple, but faulty eating habits are not easy to change. The assortment of aches and pains long thought to be the

inevitable accompaniment of the middle and later years are frequently the result of malnutrition and poor dietary patterns, we are told. Nutritional deficiencies may not become evident for many years, yet they are ever gradually taking their toll. ABOUT TWO years ago the U.S. Department of Agriculture made nutritional studies in homes throughout the nation, and it was shown that a large percentage of the population was "undernourished." In due time, it was determined

that ignorance and bad food habits were the chief causes of the condition. It was not due to any lack of food; indeed, except in rare instances of poverty, food was almost over-abundant. MALNUTRITION, as it is found in this country today, is an insidious sort of thing. It rarely causes a person to be obviously ill, as in the days when scurvy and beri-beri were prevalent, but it may cause him to be tired much of the time, to be underweight or

overweight, most susceptible to certain infections such as colds and influenza. It may even increase his chances of developing certain heart conditions, diabetes, tuberculosis, or some other disorder. Even recovery from an illness is more difficult because the ill-nourished body has few resources upon which to draw. IT IS NOT always realized that the body rebuilds itself day by day, and that growth is therefore not confined to child-

hood. Cells and tissues that are worn out, so to speak, are constantly being replaced by new cells and tissues. If the proper foods are not supplied, the body wears out and becomes old. This may, in part at least, explain why some individuals are old at 40 while others are young at 70. Our bodies are thus made up of the food that we eat. It gives us energy, makes good the wear and tear, and helps to regulate bodily functions. The mere filling of the stomach to satisfy the appetite is not enough; the proper food is needed for proper body maintenance. Like a machine, the

human body must have the right fuel in order to run efficiently. A WELL-balanced diet is not difficult to obtain and it need not be expensive, as all the foods that go into it may be found in the neighborhood market. It consists of adequate amounts of meat and other protein foods, dairy products, breads and cereals, and fruits and vegetables. Naturally, the needed amount of these foods varies with a person's size, age, sex, and daily activity. Fats and sweets also have their place in the normal diet, but they should not be allowed to replace the essential foods that the body requires.

The proper nourishment of the human body is a lifetime job. It is lucky for most of us that it is never too late to begin. A pamphlet discussing proper nutrition will be mailed to anyone who sends a card of request to the Division of Health Education, Los Angeles County Health Department, 241 N. Figueroa St., Los Angeles 12. In New Fraternity William Crawford, 17213 Yukon Ave., is a charter member of the newly formed Phi Lambda Chi, pre-law fraternity on the campus of Long Beach State College.



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